

What does being a man mean to you?

Masculinity, at its best, can be a powerful force for good in the world.
Good men shape families, friendships and communities in ways that matter.

➔ *Let's talk about what kind of man you want to be...*



ACTIVITY: MAN BOX

Manly? Not manly? Place each word below into the box you think it best suits.

STRONG

EMPATHETIC

ATHLETIC

RATIONAL

RESILIENT

NURTURING

CONFIDENT

DISCIPLINED

THOUGHTFUL

KIND

CREATIVE

LOVING

MANLY

NOT MANLY



Was this activity hard to do?

How did you know what word went into what box?

Think about a person in your life you **admire** most. Write 5 words that describe them:

The people we **admire most** often demonstrate both 'manly' and 'not manly' traits, regardless of their gender. These people are their most authentic selves, not constrained by gender stereotypes.

You don't need to conform to expectations of masculinity.

Most men want to be good friends, fathers, brothers and partners. And that's exactly what the people around them want from them too.

74%

of men don't agree with restricted views of masculinity

The Men's Project & Flood, M. 2024

Yet 37%

of men feel pressure to conform to the Man Box

The Men's Project & Flood, M. 2024

When you challenge expectations, you create more freedom for yourself and others.

➔ *It's not about being less of a man ,
it's about being more of your whole self.*



ACTIVITY: TAKE ACTION

So what will you do to free yourself and the men around you from outdated stereotypes?

Here are some easy ideas, circle the ones you can commit to!

Ask a friend how they're feeling

Write in a journal

Talk to someone if you're feeling down

Clean shared spaces

Think about how you would divide jobs equally with a partner

Care for siblings

Ask your friends if they need support with anything

Learn about consent

If you want to be a dad, think about what kind of dad you want to be?

Try a new hobby

Be kind online

Kids Helpline — 1800 55 1800

Counselling service for people aged 5 to 25

1800 RESPECT — 1800 737 732

National domestic, family and sexual violence counselling

QLife — 1800 184 527

Free LGBTIQ+ peer support and referral

Lifeline — 13 11 14

Crisis support and suicide prevention services

MensLine Australia — 1300 78 99 78

Help, support, referrals & counselling for men

13 Yarn — 13 92 76

Confidential, culturally safe space to yarn